## Harvard Medical School Curriculum Fellows Program Education Workshop Series

## Knowing what you don't know: Instructor and student strategies for promoting metacognition

Have you ever found your students copying down your notes from the board without processing what any of it means? Have you ever been reading and found yourself at the end of a paragraph without a clue as to what you just read? This auto-pilot state is one of many that students can fall into and is detrimental to deep learning. In this seminar, we will discuss strategies instructors can use to promote escape from this state in the classroom, and strategies students can use on their own to self-regulate their learning.

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**Questions?** cfp@hms.harvard.edu



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